

## What does yoga do for people with DD?

- Improves balance, coordination, stability, stamina and flexibility
- Relieves stress and anxiety
- Encourages Confidence
- Improves self-esteem and body awareness
- Improves hand/eye coordination
- Brings a physical and mental calmness and emotional well being
- Strengthens and lengthens muscles
- Teaches meditation, relaxation and wellness



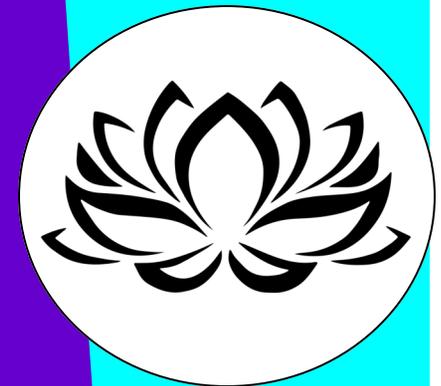
Center of Dance and Movement

97 Lafayette Road Unit #8  
Hampton Falls, NH 03844  
E-mail: [info@kbdance.net](mailto:info@kbdance.net)

[www.kbdance.net](http://www.kbdance.net)



Center of  
Dance and  
Movement



Specialty Yoga  
for Adults with  
Developmental  
Disabilities

## Come Join Us

Yoga for people with developmental disabilities at KB's Center of Dance and Movement is tailored to the individuals needs and abilities. Whether in a chair, wheelchair or matt on the floor, all will benefit from their own personal practice. People with DD have naturally high stress and a predisposition for heart disease. Yoga counteracts effects of a sedentary lifestyle. It brings an hour of quiet and calm where students can focus on themselves in a nurturing environment.

### Summer sessions

10 classes

\$60

Saturdays 10am-11am

To register email:  
[info@kbdance.net](mailto:info@kbdance.net)



Kara, a lifelong student and teacher of all movement has worked to realize her dream of owning her own studio. Kara received her Associates of Arts from Dean College and her Bachelors of Science from Springfield College, both majoring in Dance. She auditioned and was accepted into the Summer Intensive Program and danced in New York City at the Alvin Ailey American Dance Center. She attended White Mountain Summer Dance Festival in Springfield, MA which concentrated in contemporary dance. Kara has taught for several dance schools and choreographed routines that have won awards throughout MA and NH.

She has taught all ages and many different types of movement including: ballet, modern, jazz, acrobatics, Zumba, hip hop, cheerleading, stretching/cardio and creative movement. Operating and directing several programs for adults with developmental and physical disabilities and working in the human services field for 15 years enabled



Kara to learn to teach movement in a different way. She completed an Adaptive Dance Instructor Training in Boston Ballet School for children and adults with developmental disabilities. Teaching students who have a developmental or physical disability is a niche and with the extensive training in movement, her compassion and empathy, and the years of experience with the population, Kara is excited to bring her specialty program to the public. Recently, Kara completed her RYT200 Yoga Teacher Training under Carrie Tyler and Ann Biese. Kara continues to push herself and learn more to pass on to her students.



### KB's Center of Dance and Movement

97 Lafayette Road Unit #8  
Hampton Falls, NH 03844

E-mail: [info@kbdance.net](mailto:info@kbdance.net)